

Application No. 10/829,244  
Amendment dated March 15, 2006  
Reply to Office Action of November 15, 2005

Page 4

Amendments to the Specification

Replace paragraph [0018] with the following amended paragraph:

[0018] FIG. 1 shows a piece of exercise equipment which is based on an elastic strap 1. This strap is fitted with a pair of rigid collars 3 at spaced apart locations along the strap. Each of the collars 3 includes a center securement port 4.